

# Feeling of discomfort perceived by rural women while working in the existing kitchen arrangements

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## ABSTRACT

Feeling of discomfort perceived by rural women while working in the existing kitchen arrangements was studied by taking 40 households from the selected village of district Kanpur Nagar through Multistage random sampling procedure. It was observed that the highest mean height of the respondent was found 154.87 cm belonged of the age group of 20- 30 years. Less than fifty percent belonged to the normal body weight having BMI ranging from 18.5-25.0 according to Garrow's scale category (1987). The highest mean score (2.37) was found for washing of vessels and IInd ranking (2.3) found for collection of water, grinding of masala and rolling/ roasting of chapatti activities. The respondents found maximum stress in performing grinding of masala activities showing highest S.D. i.e. 30.66. It was also observed that almost all rural women were performing kitchen activities in sitting posture.

**Key words :** Discomfort, Arrangement, Rural women.

Women's work demanding a high degree of physical effort leads of fatigue and frustration. However, the amount of energy spent, demands upon the type of activity, and manner in which it is performed. To perform any activity, body segments has to be manipulated in the space, resulting change in posture. 'Posture' can be defined in the general way as the organization of bodily segments in the space according to the gravity of force. Organization of work surface or storage space is also considered important for decreasing the cost of work. Designing of a functional storage need special consideration of anatomical measurements of the users. With a faulty design of kitchen storage shelves, even the normal person without primary anatomical or physical defects develop degenerative tissue changes and decreased output with maximum input.

A good working posture is one in which the body is well balanced and the person works comfortably without stretching or bending any part of the body. Its also reduces the physiological cost of work and fatigue to minimum, whereas incorrect posture for long time might cause several musculo-skeletal problems in the long run. Poor standing or sitting posture may result in permanent change in spine, in positions of the joints, ligaments and muscles

and in location of the organs of the body. The present study was conceptuated with the specific objective to know the feeling of discomfort perceived by rural women while working in the existing kitchen arrangements.

## METHODOLOGY

The multistage random sampling procedure was adopted for selection of sample in Kanpur district. One block (Sarsaul) was selected purposively and two villages Badi Maholi and Chhoti Maholi were selected as the study area. Twenty rural women were selected from each village. Total 40 women were selected in the study area.

Dependent and independent variables were used to find out the musculo-skeletal problems and postural stress. Anthropometric scale was used for measuring human body dimension and Quetlets index was used to find out the physical fitness of women. A three point rating scale given by Varghese *et al.* (1995) was used to record the perceived postural stress.

Table 1 Shows that 45 per cent respondent belonged to the age group of 20- 30 years. The highest mean height (154.87 cm) was found belonging to the age group of 20 -30 year followed by 153.80 cm from the age group of 41- 50 years and 150.55 cm from the age group of 31.40

**Table 1 : Physical characteristics of the respondents according to age groups (N= 40)**

Sr. No.	Age	No. of respondents	Mean age (year)	Mean height (cm)	Mean weight (Kg)	Mean BMI	Remarks
1.	20- 30	18 (45)	25	154.87	47.77	20.15	Normal
2.	31- 40	12 (30)	35.5	150.55	48.66	21.62	Normal
3.	41- 50	10 (25)	45.5	153.8	50.10	23.33	Normal

(Figures in parenthesis indicate percentage).